









Ugli Fruit: Nutrition . Selection . Storage

Nutrition information for ugli fruit and tips on how to select, store and prepare it. Health Benefits

[All Fruits] [All Vegetables]

Did You Know ...

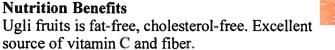
Despite its unattractive, bumpy appearance, the ugli fruit has a delicious citrus sweet taste that kids will love. This fruit is native to Jamaica.

How to Select

Ugli fruit should be heavy for its size and have no signs of drying at the ends. Fruit should give with slight pressure. Small dents are normal and color should not be considered when choosing.

How to Store

Store ugli fruit at room temperature for up to 5 days. Can store in refrigerator for up to 2 weeks.



Fruit Nutrition Database Vegetable Nutrition Database

You may also be interested in ... How to Read a Food Label Key Nutrients Found in Fruits & Veggies Dietary Guidelines for Americans Fruit & Vegetable Recipe Search



Nutri Serving Size Servings Pe	(122g)		CLS
Amount Per Se	rving		
Calories 45	Ca	alories fro	m Fat 0
		% D:	illy Value
Total Fat 0g			0%
Saturated		0%	
Trans Fat	0a		
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbo		110	4%
Dietary Fi	-	9	8%
Sugars 80			0 //
Protein 1g			
Vitamin A 09	6 •	Vitamin (70%
Calcium 2%	•	Iron 0%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or l	
Total Fat	Less than	65g	80g
Saturated Fat Cholesterol	Less than	20g 300mg	25g 300mg
Sodium	Loss than	2,400mg	2,400mg
Total Carbohydra Dietary Fiber		300g 25g	375g 30g



Health Benefits of Fruits & Vegetables

The natural antioxidants in fruits and vegetables will help keep your body working at its best, so consuming a diet that meets your <u>daily recommended amount of fruits and vegetables</u> is one of the best ways to give your body a strong defense against disease. Fruits and vegetables are protective to health as they're helpful at **reducing the risk**